

January 2008

Facets

for women

A patient FOCUS

**Dr. Karen
Carlson makes
visits to the
hospital as
good as they
can be**

A year of local foods

**Tantalizing pork starts
the celebration**

Heart health makeover

**How did our brave
participants do?**

HAVE YOU EVER WONDERED WHAT A NEW SMILE COULD DO FOR YOU?

MARY DID...

Hi,

All my life I've wanted straight pretty teeth, but like many adults I didn't like the idea of 2 or more years of braces. Several times I had talked to orthodontists hoping that there was another way to fix my crooked smile...the answer was always the same, braces. Then I visited Ames Center for Cosmetic Dentistry and was told about veneers. WOW!! A month later and a couple of office visits and my teeth were perfect with no pain or discomfort. I'm no longer self-conscious and love to smile. Dr. Amie Rockow-Nelson and her whole team were wonderful, I really felt like I was being cared for by my family.

Mary



Visit our website at
www.docrocksdds.com
to view before and after photos of real
patients and see for yourself what a
difference we can make.

GIVE YOURSELF SOMETHING TO SMILE ABOUT

AMES CENTER FOR COSMETIC & FAMILY DENTISTRY

1-866-362-7625

Dr. Amie Rockow-Nelson, DDS

415 South Duff, Suite D, Ames, IA • 515-956-3700



Planning and conspiring



By HEIDI MARTTILA-LOSURE

*... Later on, we'll conspire,
As we dream by the fire
To face unafraid, The plans
that we've made, Walking in
a winter wonderland.*

I'm not, in general, a big fan of winter. I like being warm too much, and winter has too many cheek-chapping, hand-cracking, eyeglass-fogging, virus-carrying, car-spinning traits for it to be my favorite season. But there is a time, generally in the height of the late-summer tomato harvest when it seems like we can't can our bounty fast enough, that I long for a good frost to put an end to the busy-ness for a while. For all its flaws, I appreciate the enforced rest of winter.

Does the house need painting? Well, lucky you, there's not a thing you can do about it until spring. Did the weeds take over the garden last summer? The cold and snow will beat them into submission for a little while, and you'll have more energy to push the Rototiller after a winter's rest. Are your throw rugs starting to look a little dingy? Well, it's really better to wait for warm weather for that, when you can hang the rugs outside to dry. Better just pull that electric blanket a little closer around your ears and hibernate for a while.

Yes, winter is a wonderful time for planning and conspiring, because the time for action is many long winter days off. Everything is still possible, because you don't yet have to face the obstacles that spring up in reality.

My family has been doing a lot of planning and conspiring lately. For several years, we've been trying to do some creative thinking on how we could move back to my family's farm in South Dakota.

I've told a number of people about our goal, and gotten some variation of a "That's interesting" response. They're too polite to come out and say it to our faces, but the question is there: Why, in heaven's name, would you want to move *there*? People have been moving out of there since the Depression. What could possess you to go against the direction of young-person of migration? Why aren't you streaming with the crowd from the middle toward either coast?

The answer to that question is hard to explain, but I'll tell a story that might help.

One April a few years ago, when thousands of migratory birds were making their semiannual stop at Sand Lake Wildlife Refuge, my in-laws met my husband and me at my parents' farm. The birds were something I did not appreciate when I was growing up. I had no idea that so there are so few places in the country where so many birds congregate each year, and that I lived basically in a grand bird rest area. Birders can check off many species on their life lists on a spring visit to the "pothole" country of the Dakotas (so named because of the many small wetlands there).

We saw a variety of birds that weekend; I remember spotting an avocet, a lovely species that with its long legs and long, daintily upcurved beak looks too exotic to be on the prairie. It was warm for an April weekend, yet it was early enough that the bugs hadn't hatched yet. We all took a walk to the cemetery that is just over a mile from the farm one evening. The cemetery, a destination for many walks from the Marttila farm, is on a little rise, between two of the "potholes" the region is known for. There are a few gnarled trees in the cemetery, just enough to frame the view of the dramatic prairie sunsets.

It's the place where both sets of my father's grandparents are buried. Their final resting place is within a few miles of the prairie farms where the two families settled after they emigrated from Finland in the late 19th century. I decided, years ago, while looking at my two great-grandmother's gravestones and noticing that they shared the name "Sofia" that if I ever had a girl, that's what her name would be. (Our little Sofia just turned 2.)

Three young children who would have grown up to be my aunts and uncle are buried there. More recently added gravestones bear the names of aunts and uncles who have died during the time I've been taking evening to the cemetery.

As we walked, I asked my in-laws if either of their families had such a place where a number of generations are buried. No, they answered. As opportunities called

their families to other places, their families pulled up stakes and moved, and they generally were then buried close to the place where they had lived most of their lives.

We walked back to the farm, and I noted that if anything could be called a "plantation road" for us, this half-mile was it: The land on both sides of the gravel road belonged to my family. They had lost the farm once, but were later able to buy it back, and after years of hard work and some good prices in the 1940s, they were able to retire the mortgage. My grandfather died contented, knowing that the farm was paid off, my father says.

It's a place where I feel like I belong. And I was able to convince my husband, still a farm kid at heart, that it's a good place for our family to be, too.

Of course, there were still those niggling details of work, money and health insurance. Then, this fall, my husband learned of a job opening in his field just across the border in North Dakota. He didn't think he was qualified for it, but he decided to apply anyway.

He got the job.

So, dear readers, this is my last issue as editor of Facets. I appreciate everything I've learned about the women of Ames during the past two years; you are very interesting, intelligent, caring people. I will miss reading and writing about you. I'll also miss the regular Facets contributors, who never seemed to mind a late assignment and always came through with grace.

And now, my little family is on its way. We're coming up with all sorts of crazy ideas, including turning an old granary into a house, planting berry bushes and grape vines, and raising some chickens. I'm doing some freelance editing, and I might start a graphic design business, or even, at some point, a magazine. I've got a little experience in that.

It's winter yet, and everything is still possible; spring is months away, and we've got many winter nights of glorious planning and conspiring yet to come.

Heidi Marttila-Losure was editor of Facets from October 2005 through December 2007. She can be reached at hmmartti@yahoo.com.

Women's health

Next month:
Relationships

WELCOME TO Facets

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

FACETS IS A PUBLICATION OF THE TRIBUNE • (515)232-2180 • 317 5TH ST., AMES IA 50010

Duck Worth Wearing

We offer:

Kids' Clothing infant thru size 10
Furniture
Maternity
Much, Much More

To check our current inventory, visit our website www.duckworthwearing.com

233 Main Street Ames • 515-233-4901
Hours: M,T,W,F 10-5:30; Thurs. 10-8; Sat. 10-5



Kids' Clothing Store



Consignment Store

Cover photo:

Doctor Carlson reviews charts with clinical supervisor Sharon Himan.

See story on page 8

Photo by Mary Duerson

5 WHEN RESULTS ARE ABNORMAL

One negative mammogram led to many, many more mammograms, a purple body, and a new appreciation for life

7 CALENDAR

8 IT'S ALL ABOUT THE PATIENT

This focus keeps hospitalist Dr. Karen Carlson going

11 WOMEN'S HEALTH NEWS

Woman's back designed for pregnancy load

12 HAPPY OLD LADY

Fifty years of doctoring at McFarland

16 MONEY SMART

What are your top money issues

17 FOOD BITES

New year's resolution: Keep it local

18 WOMAN ON THE MOVE

Local dental assistant wins national award

20 FITNESS

Hearts made over

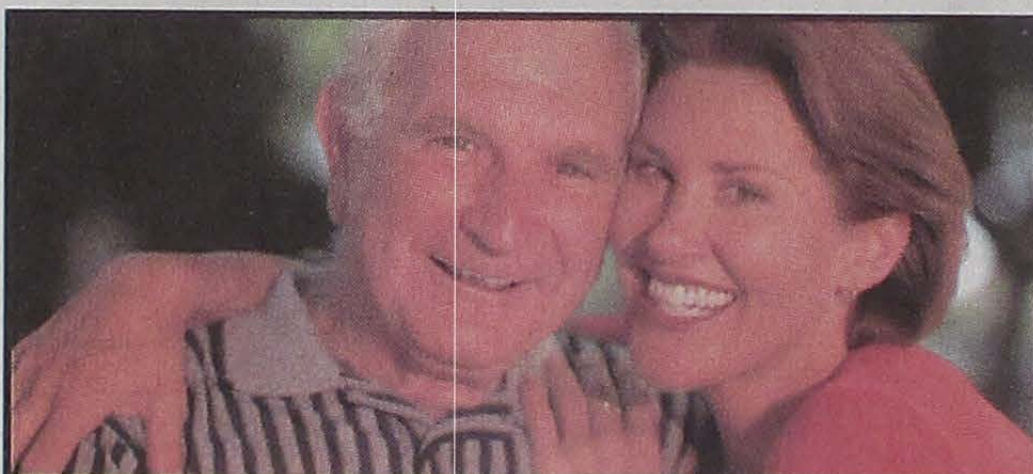
25 CARRYING MOONBEAMS HOME IN A JAR

26 FACETED WOMAN

Meet Darla James

Questions or comments?

E-mail Dave Kraemer at dkraemer@amestrib.com



You deserve choices.
Check out our new *flexible* fees
for assisted living.
Pay only for the services you use!



**MADRID HOME
COMMUNITIES**

Serving You with Christian Compassion

613 West North Street Madrid, Iowa 50156-1059

Phone: 515-249-2637 FAX: 515-795-2138 www.madridhome.com

When results come back 'abnormal'

One negative mammogram led to many, many more mammograms, a purple body, and a new appreciation for life

Editor's Note: After age 40, women are advised to get mammograms every year or two. Most of the time, for most women, the exams find nothing unusual. But what about the time when a mammogram comes back "abnormal"? This happens more often than one might expect; studies suggest that if a woman in her 40s has a mammogram every year for 10 years, her chances of having an abnormal mammogram are one in three. Few of these abnormal mammograms will result in a diagnosis of cancer.

Ginny Brannan, who works in accounts receivable at The Tribune, wanted to share her story, so that other women who might someday go through the experience might know a little more what to expect.

I asked Brannan what message she wanted to give to other women who might face a health challenge of their own. "Don't be scared. Do not procrastinate. Do not give up," she said. "Don't think you are old, and don't think about dying. Think of all the life still in you."



By GINNY BRANNAN

I found myself at the doctor's office often this past summer. I was sick in June with a bad respiratory infection, and I had my yearly mammogram the first week in July. Then the respiratory infection was back in August, so back to the doctor I went.

When I saw my doctor to get some antibiotic for the infection, he took some chest and sinus X-rays. He also said I needed to have another mammogram because the previous one did not look normal. So on Aug. 9, I had another mammogram — or really, more like a half-dozen of them, since they always take that many different views. If any of you ever get just "one mammogram," count yourself lucky.

Not long after that, my doctor's nurse

called me to say that I had to see a surgeon. She said I had a spot on my lungs. She made the appointment for Thursday, Aug. 16. That day, I took my daughter with me for support. I wasn't quite sure what to expect.

As it turned out, it had nothing to do with my lungs; I needed surgery on my left breast. The surgeon explained the procedure, which he called "excision of a breast lesion." The surgery would remove the "abnormal areas" found on the mammogram.

It sounded pretty simple. I said, "Fine, let's do this next week."

"How about Monday?" the surgeon asked.

"OK, let's do it," I said.

It was same-day surgery, so I expected to return to work the next day. Boy, was I wrong.

continued on page 6

continued from page 5

This sounded so easy when it was explained to me by the doctor. In real life, it was a different situation.

On Monday, Aug. 20, I checked in and was assigned a nurse for my stay there; she did her portion, then I got sent to radiology. Guess what I had? More mammograms. I lost count after 12 views. This was a critical part of the procedure. The female technicians in radiology had to take different views to get the pictures they needed of the problem area on that breast. They could not quite get the X-ray good enough for the doctor in radiology. I think we were up to 20 mammograms now.

I am not a large-sized person, and the problem area was close to my rib cage, so of course they had to do some maneuvering to get me into that mammogram machine. On about the 25th mammogram the radiology doctor said, "OK — hold that pose." Then he came in while I was wedged into the mammogram machine and inserted a needle/wire directly into the area where the surgeon was to operate. Then after the needle was in, they took a couple more mammograms just to make sure they had it right.

Well, it did not look quite right, so the doctor came back in and repositioned the needle/wire and then they took another mammogram or two. Finally, it was just right.

I got wheeled back down to my room, and in 15 minutes I was in the operating room wanting a nap. I got it. I woke up about an hour later, and it was all done. I got to eat and drink and go to the bathroom. Those are the requirements for same-day surgery dismissal — if you can eat (and keep the food down), drink and go to the bathroom, then you can go home.

I had my best friend from high school there as my designated driver, and she stopped at the pharmacy to pick up two prescriptions. One was for Vicodin, and the other was naproxen. It was important to get these into my system before the numbing stopped and the pain began. The Vicodin made me sick by the next morning, so I discontinued using it. I still felt ill on Wednesday, so I stopped taking the naproxen and just used my prescription ibuprofen for pain. My rib cage hurt every time I sat up or lay down. I used an ice pack for a few days to reduce the swelling, and I thought it helped reduce the pain.

I was feeling better by Thursday, Aug. 23, and drove myself to my appointment with the surgeon. All was well, so I went back to work on Monday, Aug. 27.

On Aug. 29, the nurse removed a stitch or two. On Sept. 6, the doctor bled out the wound. It had been leaking small amounts for a day and a half and needed to be bled out. The wound area inside was approximately five inches in depth, about two inches up and about four inches down in size. For a few weeks, I went back to the doctor three times a week for dressing changes. I changed the dressing myself

every morning. They gave me plenty of supplies. I could not get the area wet, but since the wound was draining by means of a gauze plug, the dressings would get soiled and needed fresh put on.

They showed me how to put the gauze plug into the wound myself. The first time I tried, I was in the doctor's office with the nurse. It looked like a bullet hole about the size of a nickel or quarter. I did not think I could do it myself. I had the gloves on, gauze in my hand and I pushed it into the wound/hole. The wound needed to drain out, not inside. The gauze plug was partially inserted into the wound for the seepage/drainage. I had to take special care for fear of infection in the wound. I was taking my temperature whenever I felt warm just to be sure it was not a fever.

I had to find some humor with all this. On one of my visits to the surgeon, the nurse was putting gauze on the wound, and she had a stack about ¾-inch thick. "Don't put that much on it," I said. "I don't want to overstate my size." I had her and the doctor laughing. The surgeon and his nurse were quite surprised at how fast I healed.

My last visit to the surgeon was Oct. 2. I will go back in six months. I do have a "dimple" or indentation on that breast, but I do not have cancer.

I had one really bad dream right after the surgery. I was a human rag doll being shoved into a mammogram machine. After the operation, I was still anesthetized and they had to take me back to the X-ray department for more mammograms. The radiologist had to see if the surgeon had gotten all of the abnormal area removed.

"When I am an old woman, I shall wear purple," the famous poem goes. Well, I got a taste of what that will be like with all the bruises I wore this fall.

They started to show up a day or two after the operation. I was so purple I could not believe it. If you figure from just above the bra line to my waist line, over a fourth of my body was bruised.

My surgeon and his nurse said it would be months before I heal. I asked two, three or four months. They said more like six or eight months to heal inside.

When you have three or four doctors tell you this procedure needs to be done, you do it. I did not want to wait either. I just wanted it done.

When I needed encouragement, I thought of my granddaughter, Joaquin. I love her to pieces. I could not imagine, did not want to think about not being there for her and my daughter, Beth. I want to be there and see the future, see the surprise in her eyes, and hear her say, "Grandma, you rock! Grandma, you're the best."

And someday I want to be old enough to wear purple in something other than bruises.

FACETS calendar

If you have an event that would be of interest to Facets readers, please send it to dkraemer@amestrib.com with "Facets Calendar" in the subject line.

Fridays, Jan. 11 and 18;
Saturdays, Jan. 12 and 19; and
Sundays, Jan. 19 and 20 - "The Lion, the Witch and the Wardrobe," 7 p.m. Fridays and 2 p.m. Saturdays and Sundays, at Ames City Auditorium, 515 Clark Ave. The Story Theater Company presents the magic of C.S. Lewis' Narnia. For tickets or more information, call 292-8530 or go to www.storytheatercompany.org.

Sunday, Jan. 13 - Lecture on Site-Specific Art Installations by Mira Engler, professor of landscape architecture at Iowa State University, 2 p.m. at Christian Petersen Art Museum. The event is free.

Sunday, Jan. 20 - London Royal Philharmonic with Pinkas Zukerman, 3 p.m., Stephens Auditorium. Formed by Sir Thomas Beecham in 1946, the Royal Philharmonic Orchestra has established a world wide reputation for its performances. The performance at Stephens will feature Pinchas Zukerman, the noted Israeli violinist, violist, and conductor. Ticket prices range from \$20 to \$62.50. Tickets are available at the Stephens ticket office, by phone at 233-1888, or at www.ticketmaster.com.

Sunday, Jan. 27 - Martina McBride, "Waking up Laughing" tour, 7:30 p.m. at Hilton Coliseum. McBride will be joined by Jack Ingram and Lady Antebellum. Ticket prices range from \$23.75 to \$49.75. Tickets are available at the Stephens ticket office, by phone at 233-1888, or at www.ticketmaster.com.

Monday, Jan. 28 - "Madeline and the Bad Hat," 10 a.m. and 12:30 p.m., at Iowa State Center, recommended for children kindergarten through second grade and adults who are still charmed by Madeline. Madeline and the Bad Hat, and original musical based upon the much-loved book, captures the blithe yet touching spirit of Ludwig Bemelmans' Madeline series. It traces the adventures of a young Parisian who — despite starting off on the wrong foot with a mischievous new neighbor — learns that first impressions aren't everything. This gently amusing tale of "enemies-become-friends" will charm children and adults alike. For more information, call 294-1238.

Tuesday, Jan. 29 - Lecture, "Running on Ice: Stories from a Warming Arctic," by Elizabeth Andre, 7 p.m. in the Gallery of ISU's Memorial Union. Andre will share slides, stories and videos from her trek across the Canadian Arctic's Baffin Island.

Wednesday, Jan. 30 - Ames Historical Society Lecture, 7 p.m. at Ames City Auditorium. A \$2 donation is requested. For more information, call 239-5356.

Thursday, Jan. 31 - Natalie MacMaster, 7:30 p.m. at Stephens Auditorium. Natalie MacMaster is known around the globe for her feverish fiddling and mesmerizing step dancing. While acclaimed for taking Celtic music to new heights, MacMaster displays a creativity and range that expands the boundaries of the genre. Tickets range from \$15 to \$35.50 and are available at the Stephens ticket office, by phone at 233-1888, or at www.ticketmaster.com.



Martina McBride will perform Jan. 27 at Hilton Coliseum.

**Whether you want to RENT or BUY...
We've got an offer for you!**



You and your family deserve soft skin and spot free dishes. Call Today!

For 6 months you can rent a Culligan water conditioner or reverse osmosis drinking water system to try us out!

\$10.00
for 6 months
Culligan

better water. pure and simple.™

Offer expires 1/24/08. Dealer participation may vary.

\$200 OFF

When you purchase a Culligan Water Softener & Drinking System

Culligan

better water. pure and simple.™

Offer expires 1/24/08. Dealer participation may vary.

Culligan

better water. pure and simple.™

Boone • 515-268-4886 • 800-383-6382



Photo by Mary Duerson

Doctor Carlson reviews charts with clinical supervisor Sharon Himan.

'It's all about the patient'

*This focus keeps hospitalist
Dr. Karen Carlson going*

By JOLENE PHILO

Dr. Karen Carlson says her patients are the reason she spends every minute of her working hours at Mary Greeley Medical Center. Eight years ago she was the first internist hired by McFarland Clinic to serve patients within the hospital, hence the title hospitalist. Since then, the clinic has placed two additional internists in the medical center and is considering adding more.

The goals

"The goal of a hospitalist," Dr. Carlson says, "is to move the acutely ill people through the system efficiently by providing them with more attention, improving care and making the hospital a more patient-friendly place."

The goal is easy to articulate but challenging to implement. On an average day, Carlson admits three to seven people and does rounds for 15 to 17 more. She reviews and assesses all their labs and X-rays. "I start working on that as soon as a patient is admitted," she says. She tracks each patient's individual care goals and talks to other hospital staff, including nurses, social workers, dietitians and therapists, about how to best accomplish them.

Another goal of her job to make the work of other physicians, the sub-specialists, easier. "I do everything else for the patients so those doctors can focus on their specialty," she says.

The challenges

Dr. Carlson and her patients meet for the first time in the hospital: When McFarland doctors send them from the clinic directly to the medical center, through referrals from doctors in outlying towns, or in the emergency room. Her patients are acutely ill, and their family members are worried. Under those circumstances, developing rapport with patients and their loved ones is a challenge.

She sees some patients repeatedly. "Many of them have difficult diagnoses. I get attached to them. And working with patients and families to decide about end-of-life care is the most difficult part of the job."

Being a woman creates unique challenges, she admits. "Once in a while I encounter older patients who think that men are doctors and women are nurses. I've had to ask other hospital personnel to tell them that I am a doctor before they believe me."

The challenges carry over to the home front. "Women still shoulder more home responsibilities. Trying to balance those duties when working on average 40 to 50 hours a week is stressful. If you're married, you need an understanding husband who helps out." She smiles. "Fortunately, I have one."

But Carlson says that being a woman physician has its advantages. "Most of the family members I see at the patients' bedsides are women."

University Towers Apartments



IN THE *Center* OF IT ALL

- On-Site Managers
- 1 & 2 Bedroom Apartments
- Furnished & Unfurnished Apts Available
- Video Security
- Keyed Access
- Indoor Parking
- Exercise Equipment
- Satellite Cable
- High-Speed Internet
- On-Site Beauty Salon

UNIVERSITY TOWERS

111 Lynn Ave ~ Ames
515-292-2236

universitytowersames.com

Helping you find financial security



663-2000

Blue Book



RETIREMENT SOLUTIONS

Richard A. Smith

Investment Advisor

118 Main Street • Ames, IA 50010

Office: 515-663-2000

Email: RSmith@woodburyfinancial.net

Securities and Investment Advisory Services offered through Woodbury Financial Services, Inc.
Member NASD, SIPC, and Registered Investment Advisor.

Women can make the world better

Dr. Carlson says that women often sell themselves short. They don't realize how much they can impact family health patterns in these crucial areas:

- **Nutrition** – Because women do most of the grocery shopping, they can select and prepare healthy foods and change eating habits.
- **Hygiene** – Women have the power to prevent the spread of infectious diseases. It's as easy as reminding others to wash their hands frequently, brush their teeth, and cover their mouths when they cough.
- **Leisure** – Since women coordinate most leisure time activities, they can change the way their family spends it. By taking kids on bike rides and walks instead of watching TV or playing video games, they encourage healthy, active lifestyles.

Women's health care changes focus

New health care trends are constantly emerging. Over the past several years, Dr. Carlson has seen the following developments:

- More attention to osteoporosis
- More emphasis on health screening
- Rise in diabetes
- Increased obesity
- More attention to health maintenance
- More time dealing with insurance issues

I'm a wife, juggling work and home just like them. That gives me a great deal of compassion for their situation."

The key

But compassion isn't enough. Dr. Carlson believes communication is a key component of her job. No matter how busy she is, she talks to her patients. "Listening is important. They tell you pertinent history. If I don't have time to listen, I don't see the big picture."

Communication is even more important when a patient is frustrated or upset. "It's important that the patient knows we care. When they don't believe that, I sit down and ask, 'What can we do to help you? What are the issues you have?'"

She spends a lot of time communicating by phone, too. "My job includes constant calls from referring doctors and family members who can't be with the patient."

The rewards

"I like communicating with patients and families," Dr. Carlson says. In fact, she says that's one aspect of her job that keeps her coming to work each day. She also enjoys the variety of diseases she encounters and the interaction with hospital staff members. "That's one of the fun parts of my job — involving people in other departments who can improve patient care."

And she enjoys educating patients and family members, especially about how to manage their care after they leave the hospital. Many times, it's as simple as teaching them how to coordinate medications. At other times, it includes scheduling follow-up clinic appointments and developing a strategy to remember them. And in some cases, it involves exploring assisted living options with patients who aren't ready to live independently.

The good thing, Carlson says, is that people will change when they are educated about their health needs. She's seen it happen over and over again. While being part of a process that helps people want to improve their personal health is rewarding for her, for those she treats, the process can change their lives.

And for Dr. Carlson, that's what matters. "It's all about the patient," she says with quiet intensity. "That's why I'm here."



Choices.
Turn your home into a cottage retreat with Bayport White. You'll enjoy the casual grace and relaxed style reflected in its look of bead board and fresh, white finish.

Laura's **Cabinet Gallery**
5th & Clark • Ames
(515) 232-6904

HOME CREST
CABINETS



Jolene Philo is a freelance writer in Boone. She can be reached at jolenephilo@mac.com.

[WOMEN'S HEALTH NEWS]

Study finds small evolutionary change in women's backs keeps them from toppling when pregnant

WASHINGTON (AP) — Scientists think they have figured out why pregnant women don't lose their balance and topple over despite ever-growing weight up front.

Evolution provided them with slight differences from men in their lower backs and hip joints, allowing them to adjust their center of gravity, new research shows.

This elegant engineering is seen only in female humans and our immediate ancestors who walked on two feet, but not in chimps and apes, according to a study published in Thursday's journal *Nature*.

"That's a big load that's pulling you forward," said Liza Shapiro, an anthropology professor at the University of Texas and the only one of the study's three authors who has actually been pregnant. "You experience discomfort. Maybe it would be a lot worse if (the design changes) were not there."

Harvard anthropology researcher Katherine Whitcome found two physical differences in male and female backs that until now had gone unnoticed: One lower lumbar vertebra is wedged-shaped in women and more square in men; and a key hip joint is 14 percent larger in women than men when body size is taken into account.

The researchers did engineering tests that show how those slight changes allow women to carry the additional and growing load without toppling over — and typically without disabling back pain.

"When you think about it, women make it look so very damn easy," Whitcome said. "They are experiencing a pretty impressive challenge. Evolution has tinkered ... to the point where they can deal with the challenge."

It's absolutely beautiful," she said. "A little bit of tinkering can have a profound effect."

Many breast cancer patients can skip chemo or take gentler versions, studies suggest

SAN ANTONIO (AP) — Thousands of breast cancer patients each year could be spared chemotherapy or get gentler versions of it without harming their odds of beating the disease, new research suggests.

One study found that certain women did better — were less likely to die or have a relapse — if given a less harsh drug than Adriamycin, a mainstay of treatment for decades.

Another study found that a gene test can help predict whether some women need chemo at all — even among those whose cancer has spread to their lymph nodes, which typically brings full treatment now.

The findings are sure to speed the growing trend away from chemo for many breast cancer patients and targeting it to a smaller group of women who truly need it, doctors said at the San Antonio Breast Cancer Symposium, where the studies were reported.

"We are backing off on chemotherapy and using chemotherapy more selectively" in certain women, said Dr. Eric Winer of the Dana-Farber Cancer Institute in Boston.

Staying slim improves survival odds after breast cancer diagnosis, researchers report

Breast cancer patients might have a powerful incentive to avoid gaining weight: better odds of surviving the disease.

New research suggests that for every 11 pounds a woman gains after being diagnosed with breast cancer, the chances of it proving fatal go up 14 percent.

The study is by no means definitive, but gives the strongest evidence yet that controlling weight — a good idea anytime in life — may be especially important after breast cancer.

"There was a significant trend between increasing levels of weight gain and higher mortality," said Hazel Nichols, a doctoral student at Johns Hopkins Bloomberg School of Public Health. "Lifestyle factors, the things you incorporate after a breast cancer diagnosis such as diet and exercise, do show potential to influence survival."



Kathy Mace Skinner
Attorney at Law



Directly across from Story
County Court House.

Telephone
(515) 382-3770

1400 Fawcett Parkway
Nevada, IA 50201

*Story Theater Company Invites You to Experience
the Magic of Narnia in C.S. Lewis'*

THE LION, THE WITCH & THE WARDROBE

Fridays, January 11 & 18 @ 7:00pm

Saturdays & Sundays,

January 12, 13, 19 & 20 @ 2:00pm

Ames City Auditorium

515 Clark Avenue

Tickets & More Information at

www.storytheatercompany.org

or 515-292-8530

Produced by special arrangement with Dramatic Publishing Co.

This project supported in part by grants from the Iowa Arts Council
and the City of Ames Commission on the Arts

[THE HAPPY OLD LADY]

Fifty years of doctoring at McFarland

By NANCY LEWIS



We moved to Ames from Columbus, Ohio, in September 1957. I was expecting our first child, and my obstetrician in Columbus had referred me to Dr. John Doran. So, a couple of weeks after our arrival, I entered the McFarland Clinic for the first time.

It wasn't the large, award-winning building we go to now. This was a small place on Fifth Street in downtown Ames, next to the Ames Tribune. There was parking for staff only. The patients had to park on the street.

After Dr. Doran had checked me over, he asked about my background. I told him that I had trained as a medical technologist at the Ohio State University Hospital. He said, "Now, today, you stop at the business office here and apply for a job. We need you!"

Obedying my doctor's orders, I took the job, and for a number of years I was both patient and employee. I worked 30 to 40 hours a week until six weeks before the baby was due. The conventional wisdom of the time was that it was risky for pregnant women to work any longer than that. Elizabeth was 17 days overdue, so my pre-delivery "vacation" lasted two months. Three weeks after she was born, I left her for the first time in the care of her daddy while I went to work for three hours on a Sunday morning.

Back then the clinic was open every Sunday morning, as well as the morning of every holiday except Christmas. I worked Saturdays, Sundays and holidays, as well as covering vacation time for the other lab personnel. Many people disapproved of even that much employment for the mother of an infant or small child. The fact that their father was caring for the children didn't help with the disapproval — fathers were not expected nor encouraged to be involved in their children's lives.

Most of the doctors who had Sunday or holiday duty preferred to come to the clinic for as brief a time as possible. They only wanted to see patients who otherwise would have gone to the emergency room. Dr. George Montgomery was different. He would come early and stay late. Another doctor told me that Dr. Montgomery would do an insurance physical on Sunday morning if someone asked him to. Now retired from the clinic for many years, he still cares for nursing home patients. I suspect that Dr. Montgomery's cheerful friendliness is actually the best medicine.

The Fifth Street building was too small to allow for separate break rooms, so doctors, nurses, techs, pharmacists, business personnel, and janitors all shared the break space. Dr. G.E. McFarland, Senior, the clinic founder, was still practicing part-time when I joined the staff. Frequently he would bring in his wonderful three-chocolate cake to be shared by everyone. When we moved into the new building, the only thing I missed from the old building was the friendliness of the community break room.

My children's pediatrician was Dr. Walter Larson. Back when the treatment for strep throat was penicillin shots in the bottom, I took Elizabeth and Jon in because they had sore throats. Dr. Larson gave the children their shots, which were not appreciated. Then he told me to open my mouth so he could check my throat. Much to their amusement, the kids got to watch Mama get her shot, too.

For 50 years, my family and I have been treated well at the McFarland Clinic. From small things, like the time our 3-year-old was bitten by another child at nursery school, to major surgeries for both Ed and me and end-of-life care for my mother, we have been very fortunate. Thanks to everyone there, from the doctors and nurses to the maintenance people and whoever takes care of all the plants.

Nancy Lewis lives and writes in Ames. She can be reached at nswlewis@hotmail.com.

We support PROJECT LINUS



Judy Roe, pictured far left, donated her new Janome machine she won in last year's Project Linus drawing to Shelbi Weeks. Roe read a story about Weeks making quilts for babies in the neo-natal unit at Mercy Hospital, using her mother's sewing machine. Weeks, pictured to the right of the machine, was very surprised and has many plans for her new Janome.

In 1998, Project Linus was started with the hope of benefitting children of need. The mission statement simply reads, "It is our mission to provide love, a sense of security, warmth to our children who are seriously ill, traumatized or otherwise in need of through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanke-teers."

Currently, more than 2 million blankets have been donated!

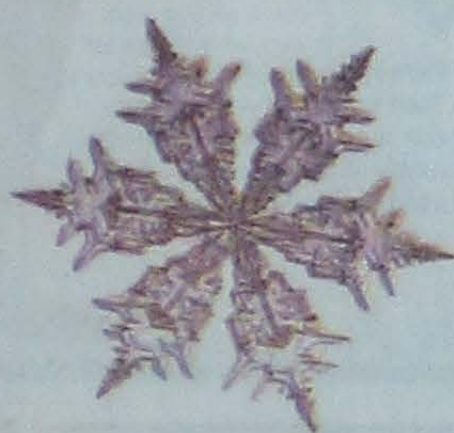
Blankets can be dropped off anytime at Ames Sewing & Vacuum.

**AMES SEWING
&
VACUUM CENTER**

214 Main St. • Downtown Ames • 232-1001

N
NORTHCREST
community

*A True Life-Care
Retirement Community*



Give yourself and your
family the gift of Life-care for
peace of mind and a
secure future.

*Happy Holidays and
Welcome Home*

To arrange a personal visit, call
(515) 232-6760

1801 20th Street • Ames, IA
www.northcrestcommunity.org



Start the year with something new

**Janome
Magnolia
200E**



\$599⁰⁰ embroidery only,
includes lessons & all services
(Internet Price \$699)

NOW IS THE TIME TO START

**AMES SEWING
VACUUM CENTER**

515-232-1001 • 800-373-9736
214 MAIN ST., AMES, IA 50010

www.AmesSewing.com

Step out of the cold & warm
with a hot cup of coffee



230 Main
515.232.0656

• Amsterdam • Ames
• Des Moines



Here's to a Ha



The popular
1600P high-
speed straight
stitch machine
plus the Little Gracie II
Quilt Frame is on special
at Ames Sewing &
Vacuum Center.



Relax and de-stress by surrou
offers a variety of art classes
drawing, there is a class for e
Octagon Center for the Arts v



Family Martial Arts

Start your new years resolu-
tion today, check out Farrell's
eXtreme bodyshaping: See
what ten weeks of body shap-
ing can do!



Husqvarna

VIKING

Quilting Connection

FABRICS • NOTIONS • PATTERNS • CLASSES • BOOKS • SEWING MACHINES

**New Year,
New Machine!**

Designer 1 USB

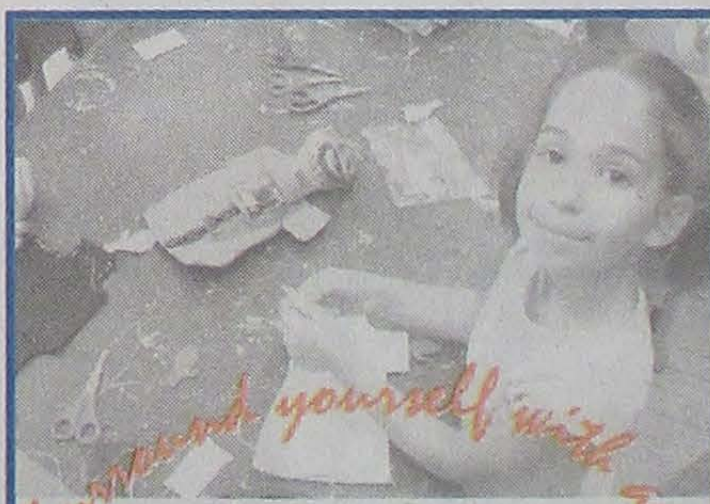
Stop by for a demo
and check out our
sales price on this
wonderful sewing and
embroidery machine
with Exclusive Sensor
System, dual
lighting, full color
screen and much
more!



Quilting Connection

238 Main St., Ames • 233-3048 • www.iaquilts.com

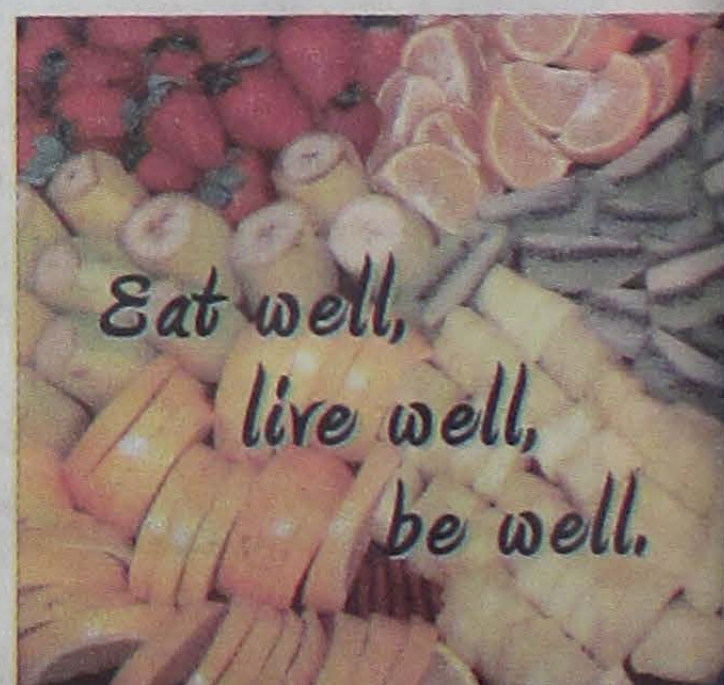
Mon & Thur 10am-8pm; Tues, Wed & Fri 10am-5:30pm • Sat 10am-5pm
Sun: Open during classes and special events



Summertime yourself with art

We bring the Arts to Life
The Octagon Center for the Arts
427 Douglas Avenue, Downtown Ames
515.232.5331
www.octagonarts.org

OCTAGON
Center For The Arts



*Eat well,
live well,
be well.*

wheatsfield

CO-OP

423 Douglas, Ames • (515) 232-4094
www.wheatsfield.coop • Open Daily 9am-9pm

Happy & Healthy New Year!

Sapphire 870 QUILT/850/830
EXCLUSIVE SENSOR SYSTEM

You can now find this item at the Quilting Connection; Sapphire 870 Quilt Exclusive Sensor System, selective thread cutter, hundreds of stitches for quilting and sewing, dual lights, and many more great features. On sale now for the New Year!



Main Street
CULTURAL DISTRICT

Ames, Iowa
www.MainStreetCulturalDistrict.com

Wheatsfield Cooperative has everything you need to maintain your healthy lifestyle. Organic fruits and vegetables, whole grains, vitamins, and supplements, and many more products will help you stay on track and start the New Year off healthfully!



Immerse yourself with art. **The Octagon Center for the Arts** is for every age. From watercolor to photography and yoga to jazz. For more information on classes and events at the center, visit www.octagonarts.org.

At **Antique Ames** memorabilia from your favorite sports, like these Spalding quilted basketball shorts, early Spalding "Geneva" and E.I. Horsman's "Cleveland" tennis racquets, 1984 Hawkeye sport program, perky red-wheeled shoe-skates, are a reminder that physical and mental activity, like collecting antiques, promote good health. Hmmm, how did that get in there?



Make chocolate from **Chocolaterie Stam** part of your new year's resolution! The antioxidants in dark chocolate (flavonoids) have been found to improve cardio-vascular circulation and decrease blood pressure. Chocolate may be effective in preventing persistent coughing. The fat in high quality plain chocolate can be considered cholesterol free as it does not fill up the arteries or contribute to high cholesterol levels.

Bare Minerals is make-up so pure you can sleep in it! All Bare Minerals make-up and skin care products can be found at **It's All About Me!** in addition to facials, waxing, and massage services.



ANTIQUE Ames
ANTIQUES * ART * ESTATE ITEMS

From the 5000 Years of Ice Skates

OPEN 7 DAYS 10-6
203 Main, Ames
515-233-2519
AntiqueAmes.com

eXTREME BODYSHAPING
Farrelly

10 WEEKS TO A NEW BODY Starts Jan. 5th

Classes Fill Quickly! Call today to enroll.
292-4740
www.extremebodys shaping.com

It's All About Me!
Stop in to see how **It's All About Me** can help you be a happier, healthier you in 2008

Massage
Aromatherapy
Prenatal Massage
Healing Stone
Reflexology

Bare Minerals & MD Formulations

209 MAIN STREET AMES 515.233.1399

HAPPY HOLIDAYS

from Geisinger Construction



CONSTRUCTION INC.

Residential • Light Commercial • Farm
Call Oren at 515-232-8951 • 515-203-0729

Money Smart

What are your top money issues?

By KAREN PETERSEN



The 2008 Money Smart column will be all about you and your financial concerns. Each month I will focus on a different financial issue — issues that you tell me are important.

Of course, I need a way to know the financial issues that are most important to you. That's where the survey on this page comes in.

But beyond filling this out yourself, you could even engage friends in a conversation about your real, deep down concerns and questions about your financial future. I would love to hear from a large number of women. And remember, this is really all about your unique female perspective.

Please complete the following informal survey by marking your top **three concerns**. If I have not listed one of your financial concerns, please add to my list.

There are two ways to respond: Either complete the survey on this page and mail to me (Karen Petersen, 2613 Northridge Parkway, Suite 102, Ames, IA 50010), or send me an e-mail (at Karen@mymorethanmoney.net) and I will send the survey to you.

- A. Are my investments safe?
- B. What is the "right" mix of investments for retirement?
- C. How do I transition from accumulating money for retirement to using those dollars to provide income?
- D. How should my money be invested when I retire?
- E. Will my money last as long as I live? (Keep in mind that many of us will live 20 to 30 years after our last paycheck.)
- F. How much money will I need to support my retirement lifestyle?
- G. Will I need a job to supplement my retirement income?
- H. Can I afford to move to a retirement community?
- I. If I can afford to live in a retirement community, what is the right age to move?
- J. How do I plan for the cost of health care?
- K. Will my health care insurance pay for all my medical needs?
- L. Do I have enough money to pay for an extended stay in the nursing home?

Please do suggest any other topics you'd like to see covered in this column. Thanks for helping to personalize Money Smart!

Karen L. Petersen is a certified financial planner in Ames. She can be reached at Karen@mymorethanmoney.net.

[FOOD BITES]



Photo by Jolene Philo

NEW YEAR'S RESOLUTION: **KEEP IT LOCAL**

By JOLENE PHILO

January is a month for resolutions and new beginnings, so Facets has come up with one for 2008. This year each Food Bites recipe will feature at least one ingredient that is produced and can be purchased in or around central Iowa.

That's a hard resolution to keep in the dead of winter, when the ground is frozen and the days are short. But it's not impossible. This month's recipe features three foods produced in central Iowa – pork, onion, and garlic – that are available, even in January. On a wintery morning, put these ingredients in your slow cooker and get on with your day. You'll come home to a kitchen filled with a rich, tantalizing aroma and an easy meal that your family will think took you hours to prepare.

Oriental Pork Roast with Gravy

2 – 3 pound pork roast 1 small onion, thinly sliced
1/3 cup soy sauce 1 clove garlic, minced

Place pork roast in slow cooker. Pour soy sauce over roast. Sprinkle roast with minced garlic. Arrange sliced onion on top. Turn slow cooker on low setting and cook for 8 to 10 hours. Twenty minutes before serving, lift roast onto a serving platter. Slice meat and cover it to keep it warm.

To make gravy, pour drippings into a measuring cup. Skim off fat. Add water to drippings until you have 1 ¾ cups of liquid. Put liquid in a saucepan. Blend together 1/3 cup flour and ½ cup water. Slowly add flour mixture to liquid in the saucepan. Heat, stirring constantly, until liquid comes to a rolling boil. Turn down heat and let it boil gently for a few minutes. Pour into a gravy boat and serve with the meat.

Small Potatoes Farm

Rick and Stacy Hartmann, who own and operate Small Potatoes Farm near Minburn, store garlic and perennial onions into the winter. Their organically grown produce is available at three Ames venues: John's Natural Foods and Wheatfield Grocery, and Farm to Folk (www.farmtofolk.com). But ensure delivery of fresh, healthy vegetables throughout the growing season and into early winter, visit www.smallpotatoesfarms.com and purchase a Community Supported Agriculture (CSA) share.

Audubon County Family Farms

At Audubon County Family Farms, Vic and Cindy Madsen raise hogs using sustainable methods. Cindy delivers orders to Ames customers on the second Tuesday of the month. To order, contact them at vcmdsen@metc.net. They provide a price list and details about ordering deadlines and where products can be picked up.



Jolene Philo is a freelance writer in Boone. She can be reached at jolenephilo@mac.com

Local dental assistant honored for her **CARING TOUCH**

By HEIDI MARTTILA-LOSURE

When Marsha Crouthamel heard she was one of two national winners for Dux Dental's Dental Assisting Award of Excellence, she didn't believe it.

Crouthamel, who calls herself a practical joker, was sure the call she received on April 1 was one of her own pranks come home to roost — one of her friends was behind it, perhaps.

The woman from Dux Dental on the other end of the line wasn't sure what to say to Crouthamel's incredulous response. She just gave Crouthamel her number and asked her to think about it and call her back.

She did. "It sounded like a legitimate call," Crouthamel said. "Then it began to sink in that this was real."

Crouthamel, who has worked for 20 years for Dr. Paul Readhead, currently at Dentistry at Somerset, was honored with a cash prize, a trip to the Professional Dental Assisting national convention in Indianapolis (and, she reports, royal treatment while she was there) and a cover photo on Dental Office magazine.

Dr. Readhead calls her an "All-American" in the dental assisting field: She fixes things around the office, arrives early and stays late, keeps everything well-organized, and displays her artistic talents in many ways.

"However, Marsha's biggest passion is in caring for people, making their dental experience the best and most comfortable it can be," Dr. Readhead said. "Having worked with many people in my career, I know how unusual it is for one person to have so many talents, to so humbly accept them as a gift, and to so willingly sharing them with others."

Crouthamel said she knew after she got braces when she was 13 years old that she wanted to be a dental assistant.

"I just knew that's what I wanted to do," she said.

She started down that career path in 10th grade, emptying trash cans and doing other odd jobs in a dental office after school, and gradually worked her way into the field.

It didn't occur to her at the time to want to be a dentist, which "was a man's field then," in the early 1970s, she said. "Today I think I would have aspired to be a dentist."

Crouthamel said working with the people is the best part of her job.

"We just love to nurture people," she said. "We get to know our patients. They're more like friends. We tuck them in with warm blankets, ask them about their children — we can say, 'How was your trip to California?'"

She said she often runs into patients at Target or the grocery store. "My husband says, 'You know somebody everywhere we go!'" she said.

Crouthamel's love of people has led her to pursue another interest at the farm north of Boone where she and her hus-

band of 32 years, Scott, live: On Thursdays and Fridays, she cuts people's hair. In addition to her own family, neighbors stop by, and so do her son's frat buddies. She's never had formal training for barbering, and she takes no money for it; she calls her service a ministry.

"God gave me a special gift to deal with people," Crouthamel said. "I'm happy to be able to give back, give to others. I just feel that the more I give, the more that's given to me."



The Ames Contracting Team

No matter what your situation is Ames Contracting Team can help.

Lillian H. was finding it hard to stay in her home in Story County because of the way her home was laid out. Lillian had to go to the basement to do her laundry and shower because of the old plumbing in the main floor bathroom.

With the help of Ames Contracting Team, Lillian's home was remodeled into a safe living environment, which included a first floor laundry facility and a walk-in shower.

Lillian and her daughters were grateful for Ames Contracting Team's advice and expertise. "They did excellent work," said Lillian. "I'm fine today, but you never know about tomorrow, so it's a good thing it's done." Lillian's daughter Connie can now feel at ease knowing her mother is safe in her own home.



Functionally designed cabinetry



Walk-in Shower



First floor laundry facility

Dear Ames Contracting Team:

I wanted to say thanks for a job well done on my mother's bath remodel. It went from a 50-year-old eyesore to one that looks like it could be featured in Better Homes and Gardens. Not only is it attractive, but it is also safer for an elderly person to use.

Your solution to the problem of how to accommodate a laundry center on the main floor was much appreciated as well.

I would recommend your company to anyone who needs a remodeling job.

*Sincerely,
Connie Owens*

**FLOORING
GALLERY**
PICTURE PERFECT FLOORS



Ames Contracting Team
From start to finish
the only team you need
515-232-5452

GEISINGER
CONSTRUCTION INC.
Residential • Light Commercial • Farm

**THOMPSON
ELECTRIC**

Hearts made over

By DEBRA ATKINSON

Since October and the Go Red for Women event, Facets has tracked five women who wanted to focus on making lifestyle changes to improve their heart health. As we check in with these women to track their progress and determine what their greatest successes have been, we also consider what have been their greatest challenges. In the challenges and obstacles they faced, others can learn and make some permanent behavior changes of their own.



Photos by Amy Vinchattle

Jane

Jane Jorgensen, 63, is convinced that she will continue to lose weight and need to buy new clothes! She indeed has lost at least 12 pounds, 2 percent body fat, and decreased her BMI by three points so that she has lowered her heart health risk. Her clothes should be loose, as she has lost several inches overall.

Most importantly, though, she has improved her estimated VO2 max, which is a measure of how well her heart and body are able to utilize oxygen, from 36 to 43. In addition to the numbers, Jorgensen reports that she sleeps great, notices that she is not winded tackling the stairs any more, and is physically stronger.

She attributes her successes to working with a personal trainer. Jorgensen reports that it helped assure her that she was doing things correctly and gave her confidence to know she was doing things right for her personally. As for obstacles, retired or not, she keeps a busy schedule, and it came down to making exercise a priority and also having the flexibility to attend to other things in her schedule while being able to get back on track.

"I feel much better about my health and energy for the future. Lifestyle change at any age is possible!" Jorgensen's one regret is that she didn't start this sooner!

Jody



Thirty-four-year-old **Jody Chittick** lost eight pounds and six inches, and decreased her body fat slightly, which all add up to better heart health for her. A mother of two young children, Jody's biggest obstacles were also her biggest blessings. Having to deal with several germs and bugs over the weeks of the makeover, Jody's challenge was to exercise as much as she wanted or needed to for health and continued progress.

She was able to make a shift in her thinking toward making even a shorter walk outdoors count when she couldn't get to the gym, and she made her most significant changes in her nutrition. Jody reports that she now has her family eating more fruits (though still working on the veggies) along with her. She acknowledges that better nutrition and exercise will help build up her immune system and allow her to fend off some of the things her children will share with her! As her work schedule changed so that she is working more during this season, these small changes and ability to fit in what she can become even more important to long term success.

As a young mom, Jody is making great strides in the future health of her family and learning to do what she can when she can and accept the rest. The attitude alone is one that will keep her exercise and heart health in perspective and not allow it to become a source of stress.



Becky

The one thing that rings true among all of the Heart Healthy Makeover women is that they are busy people with goals and other facets to their lives. Though their health is important to them, they also have other priorities. Determining the best balance of self-care with those priorities emerges as the greatest lesson in the change process. **Becky Musselman** is no exception. Becky's job as full time accounting manager and student status as she pursues an MBA clearly provide both reasons why health is important and a challenge from a time standpoint.

Musselman reports that her exercise frequency is not what she'd like it to be but that she has been able to successfully improve her nutritional habits one by one. She has lost five pounds and about five inches and is sleeping well and having less back pain. Her body composition reflects a decrease of 4 percent.

Hydration makes a big difference in a woman's level of energy. Musselman has successfully dropped diet pop and increased her consumption of water and fruit, meaning that her level of hydration has improved drastically, which will give her more energy to fit in those workouts that will boost her heart health even further.



Donna

Donna Erickson, 67, began with the intent of beginning strength training and adding a variety of exercise classes to increase her activity level. Along the way she experienced a little setback in activity level with a flare in a pre-existing condition that caused her to be conservative with her exercise in order not to further aggravate it. Her physical therapy exercises, though helpful for the priority she needed to address, were a little less activity than she had hoped she might have beginning the heart health makeover. The changes to her diet at the start of the makeover and even the conservative activity level she was able to maintain together proved to be enough to make a difference! Erickson reported a loss of 7 pounds and a decrease in body fat of 6 percent. These are significant numbers over the time period and more meaningful when you are in the seventh decade of life. It is possible to make significant improvements in your health, with minimal changes in your lifestyle, at any age!

Alissa



Alissa Stoehr, 34, has found that personal trainers make the difference. The support and structure is a necessary ingredient for her. Over the Heart Healthy Makeover Stoehr was able to lose 8 pounds and several inches from her hips and waist. Both of these help her heart health and get her off to a good start for continued success. As our program concludes, Stoehr begins working with a student trainer on campus where the convenience will help her make workouts a priority. She has also decided to re-enroll in Weight Watchers for the same reason. She has found a way to incorporate activity into her ISU class schedule with a walking class next semester, and this is all in addition to the walking she does getting to and from her commitments. Stoehr has made some very conscious choices to help her in the future weeks and months. She's learned a lot about what it is that contributes to her success and like each of these participants in the Heart Health Makeover, should be congratulated!

Regardless of tangible and intangible outcomes of the Heart project, all of these women are to be congratulated for stepping up voluntarily and agreeing not only to take the challenge of making long term changes for better health, but for doing it publicly! They are collectively students, retired, parents, volunteers, employees, wives and business-oriented women with goals for their lives. In some way, they are you.



Debra Atkinson is a personal training director at Ames Racquet and Fitness Center. She can be reached at debra_atkinson@msn.com.

CARRYING moonbeams home in a jar

By BUD STRUM



Recently I was thinking of Dec. 17, 1979. The sun appeared through the fog as a pink smear in the sky that morning as my daughter's 10th birthday arrived. We had made big plans for the day, and I had prepared for a campfire between the oak trees and pampas grass in our backyard in Gautier, Miss. She was to have friends over for a weenie roast and ice cream and an all-nighter (slumber party). I can still recall the giggling and silliness that a 10-year-old girl hosting eight or nine friends can come up with. It was a night of moonbeams and fairy dust that remains an artifact in the cobwebs of our memories.

I think about the time she was between her junior and senior year in high school and I let her go on a large shrimp trawler into the Gulf of Mexico for six weeks with her boyfriend and his parents, who owned the shrimp boat. They trawled for shrimp in the waters of every state along the Gulf Coast, from Florida to Texas, landing but once at a small port in Louisiana to sell their catch and spend money at the local Chandler for ice, fuel and groceries. It was work! Working mostly at night, she collected moonbeams that fill her shrimp memories, enough to last and she says she wouldn't do it again. But she says it with a smile.

The years fall away as I recall her college days at the University of Southern Mississippi. She moved to Hattiesburg with a couple of friends, found a job and a place to rent and wore some of the silliest outfits I'd ever seen. It was as if a new generation of hippies had been cloned as she and her girlfriends wore flower-child clothing and flip-flops. Jimmy Buffett screamed from the stereo, and parked in the drive was a little red Ford Escort. Life was good, and the moonbeams sparkled as they fell on that portion of her life.

She has done well for herself. Lord knows there was a time or two I worried what was going to come of some of her silliness. Now, armed with a master's degree in special education from Iowa State University, she teaches in a school near Chicago. Two little girls are the pitter patter of tiny feet around the house as she and her husband work to provide for them and their future. As her daughters mature, she can tell them about a number of things that will make their eyes fly open and have them sucking in their breath in gasps.

She can tell them how Grandpa killed the wild cat that bit her in the timber. How she let her car run out of oil and the engine locked up. How she got in trouble sending the neighbors' dog after her cousin and the results of that. How she got in the wrong section of Pascagoula once and landed in the hoosegow. (She won't mention that.) And how, as a little girl, when she lived in Texas, her dad would take her to the donut shop every Sunday morning for breakfast.

If she had a jar that would hold moonbeams, hers would be running over.

Bud Strum is a freelance writer who lives in Nevada.

Semi-Annual Sale Now in Progress...



...on the brands you love

- Brighton
- Koret
- Woolrich
- Alfred Dunner
- City Girl
- Tribal

Holly's
Holly Larson, Owner

701 Story Street • Downtown Boone • (515) 432-8606

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-5:30	9-5:30	9-5:30	9-8	9-5:30	9-5

MEET A *faceted* woman



Darla at Uhuru Peak.



Darla at Ngorongoro Crater.



"Darla and friend Emma Scott smile on a canal bridge in Amsterdam."



Darla and Ptolemy

Darla James

Age: 42 | Adventurer and traveler (she has a day job in Ames) | Her family includes herself and her three dogs, Newton, Galileo, Ptolemy | She craves octopus salad and unagi (eel) sashimi | Her next adventure will be whitewater rafting in Patagonia, South America

What would you do with \$1,000 to spend on yourself? If I didn't spend it on others or put it in the bank I'd go on a weekend getaway to my favorite ski resort in Winter Park.

I never leave home without: A smile on my face

A favorite saying: "Let your only limitation be your own ambition."

What makes you feel confident? Trying things I've never done before and discovering I can do them. This makes me feel that I can handle whatever life throws at me.

What have you accomplished that has made you proud? This past year I completed my first triathlon, became a certified scuba diver and summited my first mountain (Mount Kilimanjaro, Tanzania).

Best tip to look and feel great: For me it's a good workout. It's what I need for a healthy mind, body and soul. The best part of working out: I eat whatever I want.

My simplest pleasure: Soaking in a warm bath and reading a good book.

I secretly love: The Sunday morning news shows. I rarely miss "This week with George Stephanopoulos" or "Meet the Press with Tim Russert."

When I am an old lady: I hope I don't recognize it. I don't understand the saying "act your age," and I hope that I never do.

How do you give back to your community? I'm a Habitat for Humanity volunteer and have an appointment on the City of Ames Public Art Commission.

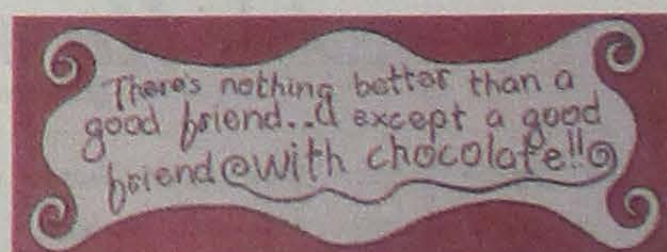
I am thankful for: My friends and family. I am blessed to be able to call some very talented people friends.



What is your favorite kind of chocolate?

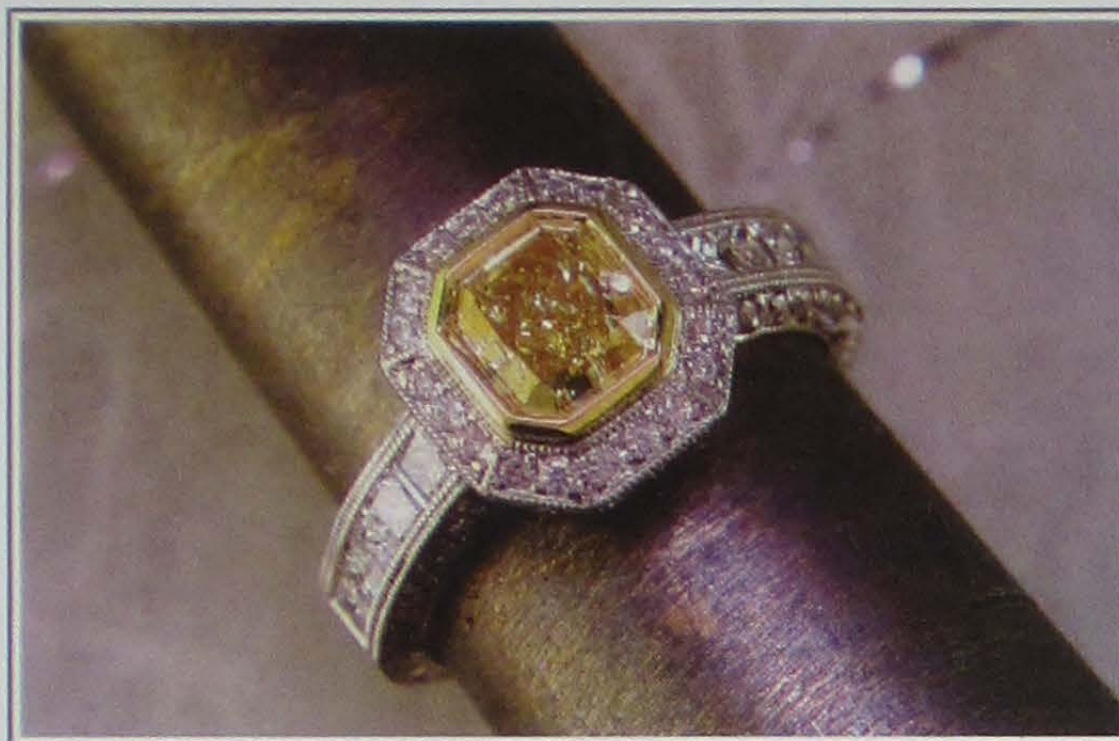
Darla James: I enjoy all types of chocolates. My favorite way to enjoy chocolates is to share them with friends.

309 Main Street, Ames, Iowa 50010
515.232.6393 • TemptationsFineChocolates.com



WE SHIP & DELIVER!

*An extraordinary diamond...
for an extraordinary woman!*



Ames Silversmithing
Designers & Goldsmiths

220 Main • Downtown • 232-0080 • www.amessilversmithing.com

Have the *time*
of your *life!*



You can live well, age well and have fun doing it when you join *Prime Time Alive!* The program is specifically designed for people age 50 and better interested in achieving a vital balance of physical, emotional, financial and spiritual components in their lives.

As a member of *Prime Time Alive* you'll enjoy a variety of benefits including discounts on a variety of laboratory wellness screenings, massage therapy and

the Mary Greeley Medical Center cafeteria. You can take advantage of a variety of social events, health screenings, educational programs and more!

All these great benefits, and more, are available to you for only \$10 a year! To get more information about *Prime Time Alive*, call us at (800) 303-9574 or (515) 239-2423, e-mail us at yourhealth.primetimealive@mgmc.com, or check us out online at www.mgmc.org.



1111 DUFF AVENUE, AMES, IOWA 50010 • (515) 239-2423 • VISIT OUR WEBSITE AT WWW.MGMC.ORG

Wood and leather...
the warmest combination to beat the weather.



FLOORINGTM
GALLERY
Linda Glantz
INTERIORS

310 S. 16th St. | Ames (515) 232-2200
Monday & Thursday 10-8
Tuesday, Wednesday, Friday 10-6
Saturday 10-5

 **NORWALK**[®]
FURNITURE